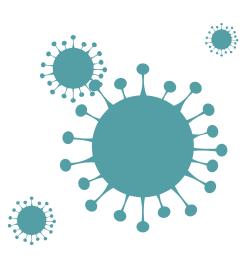
STOP THE SPREAD

Get the COVID-19 vaccine.

It's the most effective way to protect yourself and others





Stay home if you are sick

or have symptoms of COVID-19 such as fever, cough or shortness of breath. Other symptoms could include difficulty breathing, chills, muscle pain, sore throat and new loss of taste or smell.



Avoid close contact with people

by staying 6 feet apart from others.



Wear a cloth mask or face covering

when out in public. Masks should fit snugly over the nose, mouth and sides of the face. DO NOT place masks on children under 2 years old.



Wash your hands often

with soap and water for at least 20 seconds.



Cover your cough or sneeze

with your arm or inner elbow, and avoid touching your eyes, nose and mouth with your hands.

Questions about COVID-19? covid-19.myfcph.org

